



FREE

TOP 5 NUTRITION PHONE APPS



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1. **Fooducate** by Fooducate, LTD

This app, created by dietitians, allows you to scan an item's bar code and view product highlights, and then compare the nutrition information to similar products helping you to make an informed decision for the best choice. For more information, check out www.fooducate.com. This app is available for iPhone and Android.

2. **Calorie Counter** by MyFitness Pal

This app has the largest food database with over 750,000 foods and counting! You will see the calories and nutrients of each food and can track your food and exercise to see your progress. For more information, check out www.myfitnesspal.com. This app is available for iPhone and Android.

3. **TheCarrot** by Health Analytic Services, INC

This app has the capacity to track many aspects of your health including nutrition and calorie information, exercise, medications, blood sugar, and more. For more information, check out www.thecarrot.com. This app is only available for iPhone.

4. **Smoothie Selector** by Men's Health

This app provides 100 healthy smoothie recipes for categories such as building muscle and weight loss. It is very helpful for nutritious pre- and post-workout options. For more information check out www.menshealth.com/iphone-smoothie. This app is only available for iPhone.

5. **Restaurant Nutrition** by Foundation HealthCare Network

This app is a great guide for eating out. Use it to find healthy options and look up nutrition information from over 100 restaurants and 15,000 food items. For more information, check out www.healthyandfitcommunities.com. This app is available for iPhone and Android.